



HOW TO RECORD YOUR KATA PERFORMANCE

- 1) Competitor bows on and announces Kata. Kata has to be performed Mugore (no count).
- 2) Camera Settings
 - Aspect Ratio: 16: 9
 - Resolution:
 - HD 720p: 1280 x 720
 - HD 1080p: 1920x1080
 - HD 1440p: 2560x1440
 - Frame rate:
 - 24, 25, 30, 48, 50, 60 fps
- 3) You must be bare-footed – NO SHOES allowed!
- 4) Video must be stable. Use a Tripod, particularly if you use a Smartphone or tablet
- 5) If you use Smartphone or tablet, make sure you video in landscape format
- 6) Video from the FRONT, from a similar position as the referee
- 7) The entire competitor must be in the video at all times – No legs/arms outside the frame please
- 8) Do not video from too far away. This makes it difficult for the judges to see details.
- 9) Do not video against the light
- 10) Do NOT edit the speed
- 11) Avoid any distractions: Do not video anyone else apart from the competitor, avoid noises, etc.
- 12) Person recording must not follow competitor but remain still.

HOW TO UPLOAD YOUR KATA PERFORMANCE

- 1) Video files must be supplied in mp4 format. NO EXCEPTIONS. If you record on an iPhone or tablet, your .mov file must be converted to mp4 prior to upload.
- 2) Files must be clearly named according to the following format:
CompetitorFirstName_CompetitorLastName.mp4
- 3) Maximum file size: 250MB
- 4) Follow link to Dropbox Request and follow prompts:
<https://www.dropbox.com/request/pxkeX1DS4WFWkCvsEtFH>
- 5) All files must be uploaded by 11.59pm, 22 September 2021
- 6) If you have any issues uploading your video, please contact: nora@karatebondi.com